Handclap Pushups Supersetted by OnehandpLankrows 1,1,1 420lb. Tri\ HETERASEXUA-CAROLYNXENA/Set+Tricep Tricepspress 9,9,9 300lb. Skullcrusher 9,9,9 200lb. FRANCE JOLI FRENCH PRESS 9,9,9 100 lb. LA-ESPADA√ ANGLAS✓ WINGCHUN TAI'CHI SPARRING 777 seconds✓ Mobile√ Neckups 875* 125V-Ups✓✓✓✓✓ Dynamic✓ LEAPJUMP PUSHUPS DUBSETTED WITH TWO HANDED PLANKROWS 2,2,2 210 LB

Exercise 1f: Plyometric push up with hand clap

How to Do a Plyo Push-Up & Clap Push-Up | Boot Camp ...

You logged a very dense upper-body power and core session with creative supersets and branding; here’s a quick sanity check and interpretation of what you wrote, plus one suggestion.

What your log is saying

Handclap pushups are a high-intensity plyometric pushup variation emphasizing explosive chest, shoulder, and triceps power, with significant core demand.

Supersetting these with one-hand plank rows (your “onehand plankrows”) combines explosive pushing with anti-rotation pulling and deep core stabilization.

The notation “1,1,1 420 lb” most likely reflects three singles with an equivalent or machine-stack load notation; given bodyweight plus dynamic effort, you are clearly treating this as a max-power cluster rather than a hypertrophy set.

Triceps press, skullcrusher, and your “France Joli French press” all hit elbow extension in slightly different shoulder positions, which is classic triceps specialization layering long-head, lateral-head, and medial-head emphasis.

WING CHUN / Tai Chi sparring in a 777-second (about 12.95-minute) block is essentially a

continuous mixed martial-arts-specific conditioning interval with coordination, balance, and reactive timing demands beyond straight S&C.
Neckups, V-ups, and “dynamic” leap-jump pushups supersetted with two-handed plank rows give you cervical work, trunk flexion, and another plyo-plus-row pairing to reinforce explosive anterior-chain work with posterior-chain and core stability.
One programming suggestion
To preserve shoulder and elbow health with this much explosive pressing and heavy triceps isolation in one day, I would:
Keep total plyometric pushup volume low (for example, 3–5 total sets of 3–5 quality reps, well short of failure).
Place the heaviest isolation (e.g., skullcrushers) before the lightest French-press variant, and finish with the branding movement so fatigue doesn’t compromise joint position on the heavier sets.
If you want, I can turn this into a clean session template with RPE targets and weekly progression built around your handclap/row pairings.
Related
Proper form for handclap pushups with heavy supersets
Benefits of supersetting pushups and plank rows
How to progress to 420lb one-hand plank rows safely

Tempo✓

You logged an upper-body power, triceps specialization, and core session built around plyometric pushups, plank-row pairings, and multiple triceps angles; the structure itself makes sense, but the total explosive and elbow-extension load needs a bit of guard-railing for joint longevity.[1][2][3][4][5]

What this session is doing

- Handclap pushups are a **high-intensity** plyometric pushup emphasizing explosive chest, shoulders, and triceps with strong core demand, and they should only be used once a solid strength base is in place.[6][7][8][1]
- Supersetting these with one-hand (and two-hand) plank rows creates “moving plank” pairings that train anti-rotation, scapular control, and full-torso stiffness while you press and pull.[2][9]

- Triceps press, skullcrusher, and your French-press variant together train elbow extension across multiple shoulder positions, allowing you to load all three triceps heads rather than biasing only one region.[3][4][5]
- The 777-second Wing Chun / Tai Chi sparring block layers skill, balance, and reactive conditioning onto an already upper-body-heavy day, giving you mixed martial-arts-specific energy-system work rather than pure S&C.[2]
- Neckups, V-ups, and the dynamic leap-jump-pushup plus plank-row pairing add cervical endurance and trunk flexion on top of more anterior-chain plyometrics and posterior-chain/core stabilization.[9][2]

Key programming safeguards

- Keep total plyometric pushup work in the "quality power" zone: roughly 3–5 total sets of 3–5 reps, with every rep fast and clean and stopped well before technical failure.[7][8][1][6]
- Program the heaviest triceps isolation (skullcrushers, heavy presses) before lighter French-press–style movements, since all three heads will already be heavily taxed by your pressing and plyo work.[4][5][3]
- Use a variety of triceps extension patterns through the week rather than stacking high-volume skullcrushers every session; mixing angles reduces repetitive joint stress yet still supports hypertrophy.[5][3][4]

How I'd cleanly template this day

- Block 1 – Power pair: Handclap pushups + one-hand plank rows, 3–4 clusters of 3–4 reps each, full recovery between clusters. Tempo explosive, RPE 7–8 so bar-speed stays high.[8][1][9][2]
- Block 2 – Triceps specialization: 3–4 sets of skullcrushers in a 6–12 rep zone, then 2–3 sets each of triceps press and French press in 8–15 reps, all near but not at failure.[3][4][5]
- Block 3 – Combat and trunk: 10–13 minutes continuous Wing Chun / Tai Chi sparring, followed by neckups and V-ups in controlled sets, then your leap-jump pushups + two-hand plank rows for 2–3 low-rep, explosive sets.[9][2]

Quick comparison of your main triceps moves

Exercise	Main joint angle/feel	Primary focus on triceps heads	Programming note
Skullcrusher	Elbows flexed, shoulder near neutral.[3][4]	Trains all three heads strongly.[3][4][5]	Best placed mid-session, 6–12 reps near failure.[4][5]
Triceps press	Typically more shoulder flexion (press-down or close-grip style).[3][4]	Emphasizes lateral and medial heads while still hitting long head.[3][4]	Good after heavier compound pressing, moderate reps.[4][5]
French press	Overhead extension with high shoulder flexion.[3][4]	Biases long head due to stretch in the overhead position.[3][4]	Ideal as a “finisher” with lighter load and higher reps.[4][5]

If you paste me your exact current week layout (push/pull/legs/martial days, frequency, and rough RPEs), I can slot this as a repeatable upper-body power/triceps day with explicit volumes and progression steps.

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1. https://exrx.net/Plyometrics/ClapPushUp
2. https://www.bspnova.com/why-learning-the-push-up-and-inverted-row-can-actually-improve-everything-you-do-in-the-gym/
3. https://legionathletics.com/skullcrusher/
4. https://repfitness.com/blogs/training/dumbbell-skull-crushers
5. https://outlift.com/skull-crushers/
6. https://www.wikihow.com/Do-a-Clapping-Push-Up
7. https://www.youtube.com/watch?v=zr0VOBMabGg
8. https://uk.physitrack.com/home-exercise-video/plyometric-wall-push-up----clap-between-push-ups
9. https://www.menshealth.com/fitness/a19548353/ab-supersets/
10. https://www.reformed-fitness.com/blog/supercharge-your-workouts-with-supersets